

Ride the Crave

Posted by chaim248 - 19 Apr 2013 08:05

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A worthwhile article about focusing on the moment.

[www.aish.com/sp/pg/Ride-the-Crave.html](http://www.aish.com/sp/pg/Ride-the-Crave.html)

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Re: Ride the Crave

Posted by chaimcharlie - 19 Apr 2013 18:36

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I like that title. When I fight the wave or crave, I get smashed, or drowned is more like it. But if I ride it, I may just survive in one piece. And that's awesome.

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